



GOURMET BBQ SAUCES

MARY'S GEORGIAN BAY AWARD WINNING CHILI (Original)

- 1 x 28oz can (796ml) red kidney beans
- 1 x 14oz. can (398ml) pork & beans with molasses
- 1 x 28oz. can (796ml) diced tomatoes
- 1 x 14oz. can (398ml) tomato sauce
- 1 x 5.5oz. can (156ml) tomato paste
- 1 x 4.5oz. can (127ml) green chilies
- 1 x 14oz. can (398ml) crushed pineapple
- 2 green, 2 red peppers and 1 yellow pepper finely chopped
- 2 jalapeno peppers finely chopped
- 1 large spanish onion finely chopped
- 2 tbsp. olive oil
- 3 pounds of lean ground beef
- 1 cup of Cattle Boyz B.B.Q. sauce

SPICES

- 1/2 tsp cumin
- 1 tsp red pepper flakes
- 2 bay leaves
- 3 and 1/2 tbsp of chili powder
- 1/2 tsp cloves
- 1/2 tsp cayenne pepper
- 1 tsp oregano
- 1 tsp paprika
- 3 tsp minced garlic

Saute the peppers and onion with olive oil till tender (about ten minutes). Add ground beef and cook about 20 min.(break-up with wooden spoon while cooking). Do not drain. Add diced tomatoes, tomato sauce, tomato paste, and green chilis. Cook on medium heat and stir often. Mash kidney beans and pork & beans together (or use hand blender) then add to chili (this will thicken the sauce). Add all spices and stir often. Always try to find low salt items and I cook this all day on a low heat. Taste often and add more spice as you like. If you can wait till the next day this chili is so thick and delicious. It's worth the wait.